

**Purpose** Designed as an efficient and brief instrument for use in research, the four-item question evaluates the frequency and intensity of certain sleep difficulties in respondents. Questions address difficulty falling asleep, frequent awakenings during the night, trouble remaining asleep, and subjective feelings of fatigue and sleepiness despite receiving a typical night's rest. Though the questionnaire is short, developers suggest that its four items have been shown to possess good predictive value in previous studies [1]. However, with only four items, it cannot begin to address the entire spectrum of sleep disorders and should only be considered for use as a preliminary screening device.

**Population for Testing** The scale has been validated with two different testing populations, ages 25–69 years.

**Administration** Requiring between 2 and 5 min for completion, the instrument can be administered through an interview or in a self-report, pencil-and-paper format.

**Reliability and Validity** In an initial psychometric analysis conducted by the developers [1], the scale possessed an internal consistency ranging from .63 to .79.

**Obtaining a Copy** A copy of the questionnaire is published in the original article published by Jenkins and colleagues [1].

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**Scoring** Respondents use a Likert-type scale to answer questions regarding the frequency with which they have experienced certain sleep difficulties over the past month: 0 means “not at all,” while 5 means “22–31 days.” Higher scores indicate more acute sleep difficulties.

### Jenkins Sleep Scale

| How often in the past month did you:                                    | (0)        | (1)      | (2)      | (3)       | (4)        | (5)        |
|---|------------|----------|----------|-----------|------------|------------|
|   | Not at all | 1-3 days | 4-7 days | 8-14 days | 15-21 days | 22-31 days |
| 1. Have trouble falling asleep?   | 0          | 1        | 2        | 3         | 4          | 5          |
| 2. Wake up several times per night?                                     | 0          | 1        | 2        | 3         | 4          | 5          |
| 3. Have trouble staying asleep<br>(including waking far too early)?     | 0          | 1        | 2        | 3         | 4          | 5          |
| 4. Wake up after your usual amount of sleep feeling tired and worn out? | 0          | 1        | 2        | 3         | 4          | 5          |

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### Reference

1. Jenkins, C. D., Stanton, B. A., Niemcryk, S. J., & Rose, R. M. (1988). A scale for the estimation of sleep problems in clinical research. *Journal of Clinical Epidemiology*, 41(4), 313–321.

### Representative Studies Using Scale

- Jerlock, M., Gaston-Johansson, F., Kjellgren, K., & Welin, C. (2006). Coping strategies, stress, physical activity and sleep in patients with unexplained chest pain. *BMC Nursing*, 5(7).